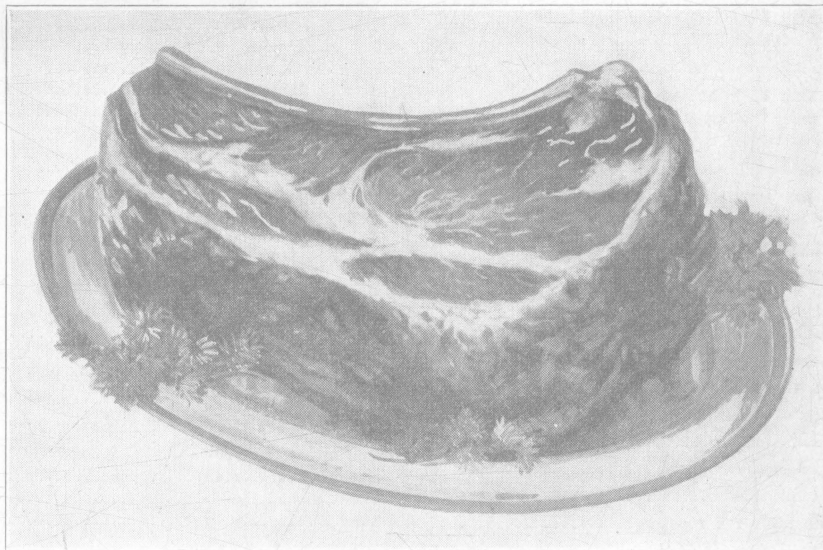


Meat: *Why, What, and How?*



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MEAT: WHY, WHAT, AND HOW?

By the term meat is meant the flesh of animals, including fish, poultry, and game. This discussion will be concerned, however, with those types of meat most common to Ohio farms, that is, beef, veal, pork, mutton, and lamb.

MARKS OF GOOD MEAT

In general, the fat should be firm and evenly distributed through the meat. The color should be appropriate; e.g., beef fat should be firm and cream color; veal fat should be pinkish white and firm.

The flesh should be of good color, firm to the touch, and not flabby.

Since meat is very easily contaminated, too much care cannot be taken to prevent bacterial growth. This means the utmost cleanliness in handling the meat, cooling as rapidly as possible after killing, and then keeping in a cool place away from flies and carriers of infection.

Immediately after the animal is slaughtered, the flesh is tender and juicy, but very soon a change takes place. The muscles of the animal become stiff and the meat is tough. On further cooling and longer standing, chemical changes occur which cause the flesh to become tender again and a flavor to develop. In the case of beef, this process is called "ripening." Meat then should be cooked in the first or the third stage and not in the second if tender meat is desired.

NUTRITIVE VALUE OF MEAT

Meats differ greatly in the nutrients which they contain due in the main to variation or proportion of fat to the protein.

Protein.—Meats in general contain from 10 to 20 per cent protein. The lean of meat contains muscle protein and gelatin. The muscle protein as well as the protein of milk and eggs is an excellent one, supplying that protein needed for growth and repair of tissue. It seems wise to supplement the proteins of cereals and legumes with those from meat, milk, or eggs. This explains the need for some animal protein.

Gelatin is a "protein sparer" and an "incomplete" protein. Gelatin by itself is a poor protein, but as part of a mixed diet its deficiencies are made good by the proteins of the other foods. "Protein sparer" means that in the process of digestion and utilization gelatin causes a more economical use of the other proteins.

Meats require an abundance of gastric secretion and from three to four hours for digestion in the stomach. Hence the greater satisfaction following the meal containing meat.

Meat protein stimulates heat production in the body, therefore it should be used sparingly in warm weather.

In addition to building and repairing tissue, meat protein can be used by the body for fuel. It is not wise, however, for meat is an expensive source of fuel compared with cereals and legumes. There is no provision in the body for storing protein. What is not needed is destroyed and excreted. Nitrogen from protein food taken in excess of the need for building and repair of tissue begins to appear in the urine an hour or two after the meal.

Fat.—Meats contain from 10 to 50 per cent fat. Fat is a concentrated fuel food. More fat can be used by the worker exposed to cold than by the

sedentary worker. Persons already carrying excess fat should eat lean rather than fat meats.

It is well to remember that fats furnish two and one-fourth times as much fuel as an equal weight of starch or sugar.

Minerals.—Phosphorus, iron, and sulfur are the most important minerals found in meat. Meat, however, is decidedly lacking in calcium. To quote Dr. J. F. Lyman, "One pint of milk contains as much lime as 20 pounds of meat. Milk, vegetables, and fruits are well suited to balance the mineral and vitamin deficiencies of meat."

Vitamins.—Ordinary lean meat is probably a poor source of vitamins. Liver and the glandular parts are rich sources of all three vitamins and for this reason should be recognized in the diet. These parts, however, do not constitute a large fraction of the meat supply. Persons who already have an excess of uric acid should avoid these glandular parts in their diet.

The amount of vitamins in the fat of meat probably varies with the vitamin content of the food of the animal.

Flavor "Extractives."—Extractives, while of almost no nutritive value, do give to meat its characteristic flavor. Meat furnishes flavor to the diet more than any other food. On this account it is easy to over-rate and to over-use meat.

PLACE OF MEAT IN THE DIET

Because of its fine flavor meat has an important place in the diet. Since it contains excellent proteins it should be used to supplement foods such as the cereals and legumes, the proteins of which are not so good. Meat in the diet may be useful in stimulating the appetite so that more food in the form of milk, vegetables, and fruit is consumed.

The protein and energy values of the total meat yielded by an animal is under the most favorable conditions only about one-tenth the total protein and energy values of the food consumed by the animal. About one-half the total weight of an animal is used for food. This explains why meat is an expensive food.

The diet will be well selected if a variety of proteins is used rather than just one. Authorities agree that from 10 to 15 per cent of the total calories should be protein.

To insure wide choice in protein foods it is wise to plan meals using meat not more than twice in the day. There are many ways in which the flavor of meat may be extended or carried, giving the satisfaction of meat flavor with a small amount of meat. Recipes for some of these meat extender dishes with menus are given in this outline. Only one meat or meat-extender, or meat-like dish, should appear in the same meal. Duplication or repetition of such foods tends to monotony and a poorly selected diet, and involves unnecessary labor as well.

CARE OF MEAT

Meat purchased should be removed as soon as possible from the paper wrapping and put away in a cold, clean place until ready for use. Before cooking the meat may be wiped with a clean, wet cloth or scraped lightly with a knife. Meat should be purchased only from reliable sources. Meat should

not be washed or soaked in water except when making soup. All meats, whether cooked or uncooked, should be kept in a cool, clean place.

AMOUNT OF MEAT PREPARED AT ONE TIME

The wise housewife in planning her meals saves her time and effort by preparing a meat dish and planning ahead to vary the dish slightly for other meals. By combining or serving it with different vegetables or adding a flavor such as onion, celery, or tomato, monotony is avoided.

COOKING OF MEAT

Meat is cooked in order to develop flavor, improve appearance, kill organisms, and to soften connective tissue if present in a large amount.

Meats may be divided into two classes: tender and less tender, both of which require different procedure in cooking to secure the best results.

POINTS TO REMEMBER IN COOKING LESS TENDER CUTS

(As shank, brisket, rump, flank, and old fowl)

Long, slow cooking with moisture is needed to soften and dissolve the large amount of connective tissue.

Chopping, grinding, or marinating will break up the bands of connective tissue and shorten the time needed for cooking.

Acids, such as lemon juice, tomato, or vinegar help to dissolve the connective tissue.

Freezing or storing at a low temperature causes acids to develop which dissolve the connective tissue.

Methods of cooking recommended for less tender cuts of meat are: making soups, stewing, roasting with moisture, braising.

A good flavor may be imparted to the meat by browning before adding any liquid.

Salt and seasonings are added at the beginning, or, in the case of soups and stews, when the meat is about half done.

POINTS TO REMEMBER IN COOKING TENDER CUTS

(As steaks, except round steaks, loin or rib roasts, young fowl)

In general a short quick cooking with dry heat is best for tender meats. Tender meats should be quickly seared at a high temperature to keep in the juices. The heat may be reduced to complete the cooking. Cooking for too long a time at a high temperature hardens the protein.

Tender cuts especially should be served immediately on hot dishes.

Salt and seasonings are added at the end of the cooking process.

Methods of cooking recommended for tender meats are broiling and roasting with moisture.

UTENSILS FOR COOKING THE LESS TENDER CUTS OF MEAT

Long cooking with uniform heat is desired.

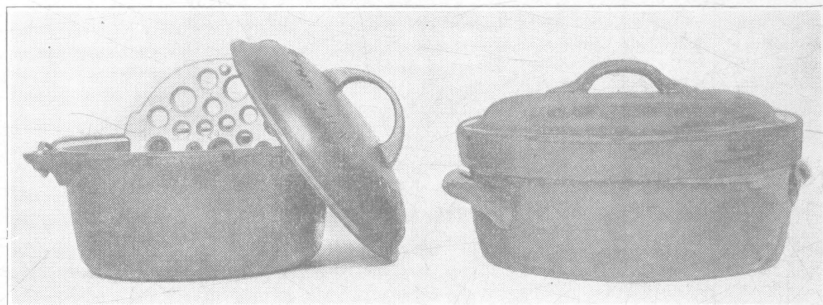
Dutch Oven.—This is a kettle and tight fitting cover of medium weight iron or heavy aluminum. Cooking may be done over a low fire, with or without water. This is not an expensive utensil.

Casserole.—This is a glass or earthenware dish with fitted cover. It is adapted to cooking in the oven and has the advantage of being used as a serving dish on the table.

Fireless Cooker.—Either the homemade or commercial fireless may be used. It saves fuel, time, and heat in the kitchen. It makes possible a long, slow cooking with retention of flavor.

Waterless Cooker.—A heavy aluminum vessel with a tight fitting cover with a valve for the escape of steam. The vessel is so constructed that the bottom does not come directly in contact with the fire and two semi-circular pans for vegetables or other foods fit into the top. No water is added, but foods are cooked in steam produced from the water in them.

Pressure Cooker.—This is a more expensive piece of equipment at first cost, but a time and fuel saver. It is a heavy aluminum kettle with tight fitting lid equipped with a pressure gauge and safety valve. It makes possible rapid and thorough cooking.



Two inexpensive utensils suitable for cooking the less tender cuts of meat

TO MAKE LESS TENDER CUTS MORE TENDER

Marinating.—(a) Cover with vinegar or half and half mixture of vinegar and water.

(b) Onion, bay leaves, and mixed spices may be added.

(c) In winter it may stand a week in a cool place, in summer a much shorter time.

(d) Keep covered and turn once a day. The meat may be dredged in flour, hammered, and cooked in the vinegar in which it was soaked.

Grinding or Chopping.—Depending on the toughness of the fibers put through the grinder from one to three times meat for loaf, hamburger or sausage.

Pounding.—Pounding is not likely to break any but the more tender fibers and connective tissue.

RECIPES AND MENUS

The following recipes for meat dishes and menus are offered as helps to women in planning their meals.

ABBREVIATIONS

c = cup

t = teaspoon

T = tablespoon

(All measurements are level)

GENERAL DIRECTIONS FOR BROILING MEATS

Only tender cuts of meat should be broiled. Have the broiling oven hot, or heat a frying pan smoking hot. Trim excess fat. Sear meat on one side and then on the other. After searing, turn meat only once if possible, but avoid loss of juice. Meat is ready to turn when the side away from the heat has a puffy appearance and steam escapes in jets from it.

Place on a hot platter. Spread lightly with butter. Sprinkle with salt. Serve immediately on hot plates.

Pork, veal, and lamb should be thoroughly cooked, hot beef may be rare, medium, or thoroughly cooked.

Beef-steak for broiling should be at least one inch thick. Loin, porterhouse, and T-bone are good broiled. Veal, pork, lamb, or mutton chops may be broiled.

Suggested Menu: Broiled steak, creamed potatoes, buttered spinach, whole wheat bread, and butter, tapioca cream pudding, milk.

GENERAL DIRECTIONS FOR ROASTING MEATS

Time Table for Roasting

Beef (rare).....	8 to 10 minutes per lb.
Beef (well done).....	15 minutes per lb.
Mutton.....	15 minutes per lb.
Veal.....	20 minutes per lb.
Pork.....	30 minutes per lb.
Chicken.....	Until joints separate easily
Turkey.....	3 hours

Wipe off meat with clean, damp cloth. Sear and brown in some of its own fat over a hot fire. Then cover tightly, place in oven, and cook until done. Add salt when about half done. Water may be added to the meat, and meat basted occasionally and cooked until tender.

Many people like tender beef cooked until it just turns color, but pork and veal should be cooked until thoroughly done.

Suggested Menu: Roast beef, brown or baked potatoes, buttered cabbage, whole wheat bread and butter, fruit batter pudding, milk.

GRAVIES

For Roast Meats.—Drain off surplus fat, keeping about two tablespoons for each cup of gravy desired. Heat and add one or two tablespoons flour to each tablespoon of fat. Blend and stir until a rich brown. Add gradually, the cold liquid (water, milk, meat stock, or vegetable liquor), and stir constantly until gravy becomes thickened, smooth, and of the desired consistency. Season and cook 5 to 10 minutes to cook the flour.

For Broiled Meats.—From $\frac{1}{2}$ to 1 cup of water may be added to the broiling pan, seasoned and heated to boiling. This makes a water gravy which is liked by many people.

For Stews.—To insure a smooth gravy it is best to blend the flour with cold liquid into a smooth paste. Add gradually to the liquor and cook until the flour is cooked and gravy the desired consistency.

BEEF

POT ROAST WITH BROWN GRAVY

Select a piece of rump, lower round, or shoulder. Wipe off meat with a clean, damp cloth. Dredge with flour, brown suet, add small amount of water, cover while cooking, and as water cooks out add more. Potatoes or other vegetables may be added, allowing time to cook them.

Suggested Menu: Pot roast with brown gravy, browned potatoes, carrot and celery salad, bread and butter, apple tapioca, cookies, milk.

SWISS STEAK

Rub flour into both sides of a piece of round, rump, or chuck steak (cut at least 1-inch thick). Season well and brown in very hot suet drippings (cooking in a small amount of fat until a good brown crust is formed on both sides). Then add sufficient boiling water to barely cover, and bake in a covered pan for two or three hours or simmer slowly until tender. It may be necessary to add a little water occasionally. When ready to serve there should be just enough gravy to moisten the meat thoroughly.

Suggested Menu: Swiss steak, baked potatoes, cole slaw, whole wheat bread, canned or fresh fruit, cookies, milk.

MEAT LOAF

1½ lbs. ground beef	½ c. bread crumbs
½ lb. pork	½ c. milk
1 t. salt.	1 egg, slightly beaten

Mix ingredients thoroughly. Shape into a loaf and put in pan. Lay across the top three or four slices of fat salt pork. Roast in hot oven an hour and a half. Baste every 10 minutes with hot water until half a cup has been used; later use the fat in the pan for basting occasionally.

Suggested Menu: Meat loaf, potatoes, carrots, turnips baked in pan with meat loaf, lettuce salad, bread and butter, custard, milk.

STUFFED FLANK STEAK

3 c. bread crumbs	1 T. chopped onion
1 T. butter	Salt and pepper
2 T. water	2 lbs. flank steak

Spread the stuffing on the steak. Roll and tie with cord or fasten with toothpicks. Cook as a pot roast.

Suggested Menu: Stuffed flank steak, baked potatoes, buttered string beans, celery, graham bread and butter, cornstarch.

BEEF CASSEROLE

2 lbs. beef	1 turnip cut in small pieces
2 c. diced carrots	2 c. diced potatoes
Salt	1 onion, medium size
Pepper	2 green peppers
	1½ c. tomato juice

Sear the beef well and place it in a hot casserole. Add the vegetables and the seasonings. Cover and bake the meat slowly for about 4 hours in an oven or in a fireless cooker. Veal, pork, or mutton may be used in place of beef.

Suggested Menu: Beef casserole, buttered peas, bread and butter, baked custard, cookies, milk.

STEW WITH DUMPLINGS

1 lb. flank, rump or plate	¼ c. flour
4 c. potatoes cut in cubes	½ t. salt
½ small onion cut in slices	¼ t. pepper
2/3 c. carrot and turnip	

Wipe meat, cut into 1½-inch cubes. Dredge with seasoned flour. Sear the meat until well browned; add water and cover, and simmer until meat is tender (about 3 hours). Add the vegetables the last half hour of cooking. Add dumplings about 15 minutes before removing stew from fire. The dumplings may be omitted if desired.

Dumplings

2 c flour	4 t. baking powder
½ t. salt	About 1 scant cup milk

Mix and sift dry ingredients and add the milk slowly, mixing with a knife until a soft dough is formed. Drop into boiling stew by the spoonful, dipping the spoon into the stew each time before taking up the dough. Let the dumplings rest on the meat and potato. Cover closely and cook without uncovering for about 15 minutes.

Suggested Menu: Stew with dumplings, perfection salad, bread and butter, apple pie, milk.

BOILED DINNER

2 lbs. corned beef	6 small carrots
1 small head cabbage	6 small beets
6 small turnips	6 potatoes

Wipe the meat and tie securely in shape. Put in a kettle and cover with cold water. Bring slowly to the boiling point, boil for a few minutes, remove scum and reduce the heat. Finish cooking at a low temperature. About one-half hour before meat is done, add potatoes, beets, carrots, and turnips, then add the cabbage 10 to 25 minutes later. Serve on a hot platter.

Suggested Menu: Boiled dinner, celery, corn bread and butter, soft custard, cookies or cake, milk.

CHILI CON CARNE

1 lb. beef or less	2 c. tomatoes
$\frac{1}{4}$ c. flour	1 small onion sliced
1 or 2 c. dried kidney beans	About $1\frac{1}{2}$ t. salt

Pick over and sort the beans, soak them in cold water several hours and cook with onion until tender. Grind the beef, mix it into the flour and brown in a little hot fat. Add the beans with their liquid and the other ingredients. Continue cooking until the liquid is reduced to the desired amount and consistency, thickening with a little more flour if necessary. This is a modification of a Mexican recipe which calls for Mexican beans, garlic, and chili peppers and is very highly seasoned.

OXTAIL SOUP

1 oxtail cut into small pieces	1 T. salt
$\frac{1}{2}$ c. onions cut fine	1 T. parsley or celery top
$\frac{1}{2}$ c. finely cut carrots	$\frac{1}{4}$ c. barley
1 c. diced potatoes	2 qts. water

The oxtail should be chopped at each joint making the pieces from one to two inches long. Wash well in two or three waters, put on to boil with two quarts of cold water. Add the barley and simmer two hours then add onion, carrot, potato, salt, and pepper. Cook for 30 minutes. Serve all with the pieces of oxtail.

Suggested Menu: Oxtail soup, toast and butter, cole slaw, lemon pie, milk.

BEEF SOUP

Wipe the beef shank with a damp cloth, crack the bones, and cut the meat into pieces. Place bones, meat, fat, and marrow in a large kettle which has a tight fitting cover. Add cold water in the proportion of a pint to each pound of material if you desire a rich stock and a quart per pound if you desire light stock. Heat slowly to the bubbling point and add salt; simmer from 4 to 10 hours. Other seasonings may be tied in a cloth and left for an hour or two in the stock. Carrots, celery, onion, green pepper, parsley, tomatoes, and other vegetables may be added as desired. Cook vegetables only until tender because of flavor and appearance.

CREAMED DRIED BEEF

$\frac{1}{4}$ lb. dried beef	4 T. flour
4 T. butter	2 c. milk

The beef should be cut very thin. Tear it into small pieces. If too salty, it can be washed off with water. Melt the butter, brown the dried beef, stir in the 4 T. flour carefully, add the milk and stir until sauce is smooth. Cook for about five minutes. Serve with toast or potatoes.

Suggested Menu: Creamed dried beef, buttered potatoes, buttered carrots, bread and butter, fruit cobbler, milk.

VEAL

STUFFED BREAST OF VEAL

Take out the breast bone. If you are not very skillful at removing bones, it is best to let the retailer do this. Wipe the meat thoroughly with a damp cloth, and, with a knife, slit all along the opening left from the removal of the bone, being careful not to puncture the outer skin. Fill this cavity with any well seasoned bread dressing; then sew or skewer the side of the opening.

Place the meat in a roaster and sear well in a 550° F. oven, basting with plenty of drippings or butter substitute. Then roast at 375° F. from 1½ to 3 hours, according to the size of the piece. Baste frequently. If you have some stock, add one cupful to be used for basting, otherwise add water; after the meat has been half cooked, season well with salt and pepper.

When done, thicken gravy with a little flour, remove the threads or skewers, and serve the meat on a hot platter with the gravy.

This dish is also especially good served cold as a supper meat. In that case, brush the meat with the gravy that has not been thickened and when cold, it will be as a brown jelly.

VEAL BIRDS

1½ lbs. veal steak cut ¼-inch thick

Cut in pieces 2 to 4 inches. Roll around small strips of salt pork, a sausage, or moistened and seasoned bread crumbs (dressing) and tie securely, or fasten with toothpicks. Sprinkle with flour and salt and brown in hot fat. Add milk or boiling water, cover, and bake or simmer on top of range.

Suggested Menu: Veal birds, browned potatoes, buttered turnips, whole wheat bread and butter, brown betty, milk.

JELLIED VEAL

1 lb. veal	1 pt. hot stock
1 or 2 pimentos cut fine	1 T. gelatine (granulated)
3 T. minced celery	1 bay leaf
1 slice onion	2 cloves

Simmer the meat with the bay leaf, onion, and cloves until tender. Remove meat from bones, then put through meat chopper. Mix with the remaining ingredients and turn into a wet mold. The sides of the mold may be lined with slices of lemon, cold boiled eggs, or chopped olives. When the jelly is cold and set, dip the mold into boiling water for an instant, and turn the meat out on a platter. Serve with a garnish of lettuce or parsley.

Suggested Menu: Jellied veal, creamed potatoes, celery, bread and butter, ice cream, cake, milk.

BREADED VEAL CUTLETS

1½ lbs. to 2 lbs. round of veal cut ¼ to ¾ inches thick

Cut in pieces the desired size, trimming off excess fat, gristle, and bones. Long irregular pieces may be rolled and shaped. Dip into beaten egg into which 2 tablespoons of milk has been added, and roll in fine crumbs. Melt fat in hot iron frying pan and brown the cutlets first on one side and then on the other. Lower the heat, cover, and cook until tender. Cooking may be finished in the oven.

Note: After browning hot milk may be added; cover tightly and cook in a slow oven until tender.

Suggested Menu: Breaded veal cutlets, mashed potatoes, buttered peas, waldorf salad, hot rolls and butter, baked apple custard.

PORK

ESCALLOPED POTATOES WITH HAM

3 T. butter	2½ c. milk
4 T. flour	4 c. raw potatoes ⅛ in. thick
2 t. salt	1 c. chopped ham

Make the white sauce of the butter, flour, milk, and salt. Arrange the potatoes and ham in a greased baking dish. Pour over the white sauce. Cover and bake in a moderately slow oven for an hour. A hot oven causes the milk to have a curdled appearance. Remove cover to brown, and finish cooking.

Suggested Menu: Escalloped potatoes with ham, buttered cabbage, celery, bread and butter, brown betty, milk.

BAKED HAM IN MILK

Put slice of ham one or two inches thick in a covered baking dish. Cover with milk and bake until done in a moderate oven (about 45 minutes). Remove cover the last 10 minutes so as to brown the meat. The ham may be baked with a little brown sugar sprinkled over the top without adding any liquid.

Suggested Menu: Sliced ham baked in milk, escalloped potatoes, Harvard beets, bread and butter, apple and raisin salad, milk.

CREAMED EGGS AND HAM

4 hard-cooked eggs, sliced	2 c. medium white sauce
1 c. chopped ham	½ t. salt

Add chopped ham and sliced eggs to white sauce. Heat and serve.

Suggested Menu: Creamed eggs and ham, baked potato, buttered carrots, bread and butter, date pudding, milk.

BAKED PORK WITH DRESSING

Place chops or spareribs in baking dish; make dressing with stale bread crumbs moistened with tomato juice and stock or water. Cover the pork with the dressing and bake until thoroughly done and the dressing browned.

Suggested Menu: Baked pork and dressing, Harvard beets, whole wheat bread and butter, baked apples with soft custard.

STUFFED SPARERIBS

Take two whole ribs, using them in one piece, rub well with salt, and then fill one with quartered apples, prunes, or a mixture. Place the other on top, bind the edges together, and tie or sew. Put the meat in a deep kettle or heavy iron skillet. Brown well in drippings. Pour in one cupful of boiling water and roast slowly in a 350° F. oven for at least 2½ hours, keeping the dish covered tightly, and adding a little boiling water from time to time.

If you have a Dutch oven, or one of the waterless cookers, this dish may be prepared on top of the stove—turn only once. When the meat is done, season well with salt and pepper, thicken gravy with a little browned flour, and add more water if necessary.

Spareribs are frequently filled with sauerkraut which has been first cooked for about ¾ hour, after which boiled chestnuts or small stewed mushrooms are stirred into it. Be sure to remove the string or thread before serving.

SAUSAGE WITH APPLE RINGS

5 tart apples cored and sliced in rings $\frac{1}{2}$ -inch thick
1 $\frac{1}{2}$ c. sugar 1 c. water 1 lb. sausage

Cook the apples in the sugar syrup. Shape the sausage into flat cakes and cook in a hot frying pan. Serve the apples drained from the syrup, around the sausage arranged in the center of the dish. Red apples make the most attractive dish. Use care in cooking to keep the slices of apple whole.

Suggested Menu: Sausage with apple rings, baked or boiled potatoes, buttered swiss chard, bread and butter, cornstarch pudding, milk.

Pan broiled—

BROILED BACON

Place a single layer on a cool frying pan over a low heat.

Turn frequently.

Drain excess fat so that bottom of the pan is only well greased.

When a light golden brown and evenly crisped, remove to a hot platter.

Oven broiled—

Place slices of bacon on a cold dripping pan.

Place pan on a rack in the middle of a hot oven (about 400 degrees F.).

Turn frequently until light brown and crisp. Remove to a hot platter.

The oven method is especially recommended as quick and convenient when large quantities are to be cooked.

LAMB AND MUTTON

CUTLETS

Shoulder chops or round of lamb or mutton may be prepared the same as veal cutlets.

STEWES

Lamb or mutton may be used in stews. Choose the breast, flank, or shoulder for stews.

ROAST LAMB

The choicest roasts are the leg or crown roast. The leg may be boned and stuffed with dressing or ground meat.

The crown roast is parts of two loins (the chops) not cut apart. The flesh is scraped back from the ends of the ribs, the back bone is trimmed off, and the two pieces are skewered together in the form of a crown with the bones outside. Mint sauce may be served with lamb.

Mint Sauce

$\frac{1}{4}$ cup finely chopped mint leaves $\frac{1}{2}$ c. weakened vinegar
1 T. sugar Few grains of salt

Mix and let stand $\frac{1}{2}$ hour before using

CANNED MEATS AND LEFT-OVERS

MEAT PIE

Chopped cooked or canned meat Biscuit dough Stock or gravy

Biscuit Dough

2 c. flour 2 T. fat
 $\frac{1}{2}$ t. salt About $\frac{1}{2}$ c. milk 4 t. baking powder

Mix and sift dry ingredients. Cut in fat. Add liquid to make stiff drop batter. Place meat, moistened with hot gravy in stock, in a baking dish. Drop the batter by spoonful over the top. Put into hot oven and bake until brown (20 to 30 minutes).

Suggested Menu: Cottage pie or meat pie, buttered beets, carrot and celery salad, bread and butter, custard, milk.

COTTAGE PIE

Cut up cold, canned meat, or mixture of meats, season and moisten with gravy. Onion or parsley may be added. Place meat in a baking dish and spread a layer of mashed potatoes over top. Bake from 15 to 30 minutes or until a golden brown.

MEAT AND DRESSING

Stale bread crumbs	Salt
1 T. chopped parsley	Sliced meat (cooked)
2 T. chopped onion	Hot water or meat broth

Mix crumbs and seasonings. Moisten lightly with hot meat broth or hot water. Grease a deep pan. Put alternate layers of dressing and meat. Use dressing for top layer. Brown in moderate oven.

Beef, veal, pork, or sausage may be used. This is a good way to use canned meat.

Rice or macaroni may be used instead of dressing.

Suggested Menu: Meat and dressing, buttered onions, lettuce salad, bread and butter, canned or fresh fruit, cookies, milk.

BAKED HASH

To chopped meat add an equal amount of raw potatoes which have been cut fine. Season with salt, pepper, and onion if desired, moisten with stock or water, turn into a greased baking dish, and bake until potatoes are done. Cooked potatoes may be used, but the flavor is better when raw potatoes are used.

Suggested Menu: Baked hash, buttered carrots, cabbage salad, whole wheat bread, butter, baked apples, cookies, milk.

BAKED CROQUETTES

2½ c. chopped meat	1 egg
1 c. thick white sauce	Dry bread crumbs

Add the meat, chopped fine, to the white sauce, and allow the mixture to stand until cold and firm. Then take a portion and roll into balls, then roll each ball in the crumbs, carefully covering each part, and giving each ball the desired shape. Dip in the beaten egg, to which one or two tablespoons of water may be added, and then roll in buttered crumbs, made by stirring one cup of crumbs into two tablespoons melted butter. Bake in a hot oven until nicely browned and heated throughout. Serve with any meat sauce or gravy.

Suggested Menu: Baked croquettes, baked potatoes, creamed onions, bread and butter, canned fruit, cookies, milk.

BAKED RICE AND MEAT

Line a greased baking dish with steamed rice. Fill the center with about 2 cups finely chopped cooked meat. Season with salt, then add ¼ c. cracker crumbs, one egg slightly beaten and enough stock or milk or water to moisten. Cover the meat with rice. Bake 30 minutes. Serve with tomato sauce.

Tomato Sauce

2 c. strained tomato	4 T. flour
½ t. salt	4 T. butter

Melt butter, add flour and salt, and blend. Add tomato juice and cook until thick, stirring constantly. Let cook for 5 minutes to cook starch.

Suggested Menu: Baked rice and meat with tomato sauce, buttered string beans, celery, whole wheat bread, and butter, cornstarch pudding.

CARVING MEAT

Success in carving depends on a knowledge of the construction of the piece of meat and on good tools. The location of joints as well as the direction of fibers can only be learned by knowing meats before and after cooking.

Sharp knives and a two-pronged fork are needed. Carving knives should be sharpened before being placed on the table. The carver remains seated while carving, and carves only enough meat to serve all persons at the table before serving the plates.

Many prefer a carving board such as is used for planked meats for carving at the table. The platter should always be large enough to allow space for the meat after it is cut.

While the carving is being done by the host, the hostess should assume the burden of conversation to take the attention from the carver.

It is a good plan for the host to visit the kitchen for instructions before the meal is served.

The guests should appear unconscious of the carving. The most skillful carver loses confidence if he finds himself being watched.

The skillful carver serves each person at the table equally well. Instead of serving up all choice parts on the first plates and leaving the less desirable for the last plates, divide the choice pieces so that a little is served up on each plate along with a serving of the less desirable part.

The carver should practice carving so that it can be done without scattering bits of meat or splatters of gravy on the platter or tablecloth.

After the plates are served, the meat left on the platter should look inviting enough to tempt one to ask for a second helping, or attractive enough to be served at a subsequent meal.

CARVING BEEF

Beefsteak.—This is the simplest meat to carve. Carving is made easier if the bone is removed before the meat is cooked, but in case it is not, the carver separates it with the thin point of the knife.

In porterhouse and similar steaks, the tenderloin and wider section are the most tender and have the finest flavor and texture. These are divided so that, in serving, a piece of the choice is served along with a piece of the less choice.

Roast Beef.—Next to beefsteak, roast beef is the easiest to carve. All roasts are cut straight across the fibers.

Fillet or tenderloin is cut across the grain in about $\frac{1}{2}$ inch slices, serving a slice to each person.

Loin, round, and rump are carved in the same way except that the slices are cut as thin as possible, as the meat is less tender than the fillet.

A rib roast containing the bones is placed on the platter with the ribs protruding to the left, with the skin side uppermost. The fork is thrust firmly into the thick center of the roast. Very thin slices are cut across the grain of the meat until the knife reaches the bones. After several slices have been cut down to the bone the point of the knife is drawn along the edge of the bone to separate them.

Rolled roasts are held by the fork placed just below the slices which are being cut. These roasts are held together by cords around the roast or skewers

placed directly across the grain of the meat. The cords and skewers are removed one at a time as the meat is sliced off.

LAMB, PORK, ETC.

Leg of Lamb or Ham.—The leg is placed on the platter with the small bone to the left of the carver and the curved side of the leg on top. The fork is placed firmly in the center muscle. Thin slices are cut across the grain down to the bone. The slices are then severed from the bone with the tip of the knife. The bone may be removed before cooking. In that case the slices are cut straight through the roast. It is believed, however, that the flavor is better when the bone is not removed.

Loin Roast of Lamb, Pork, or Veal.—A loin roast is cut at each rib before roasting. The roast is placed on the platter with the smaller end to the left and the ribs down. It is carved by cutting between the ribs and serving one rib to a person. Crown roast of lamb is carved and served in the same way.

Roast Pig.—The head is cut off, the meat split down the back, the hams and shoulders removed, and the ribs separated.